SOMATICS SKILLSHARE HOW WE'RE WIRED TO GO THROUGH IT TOGETHER

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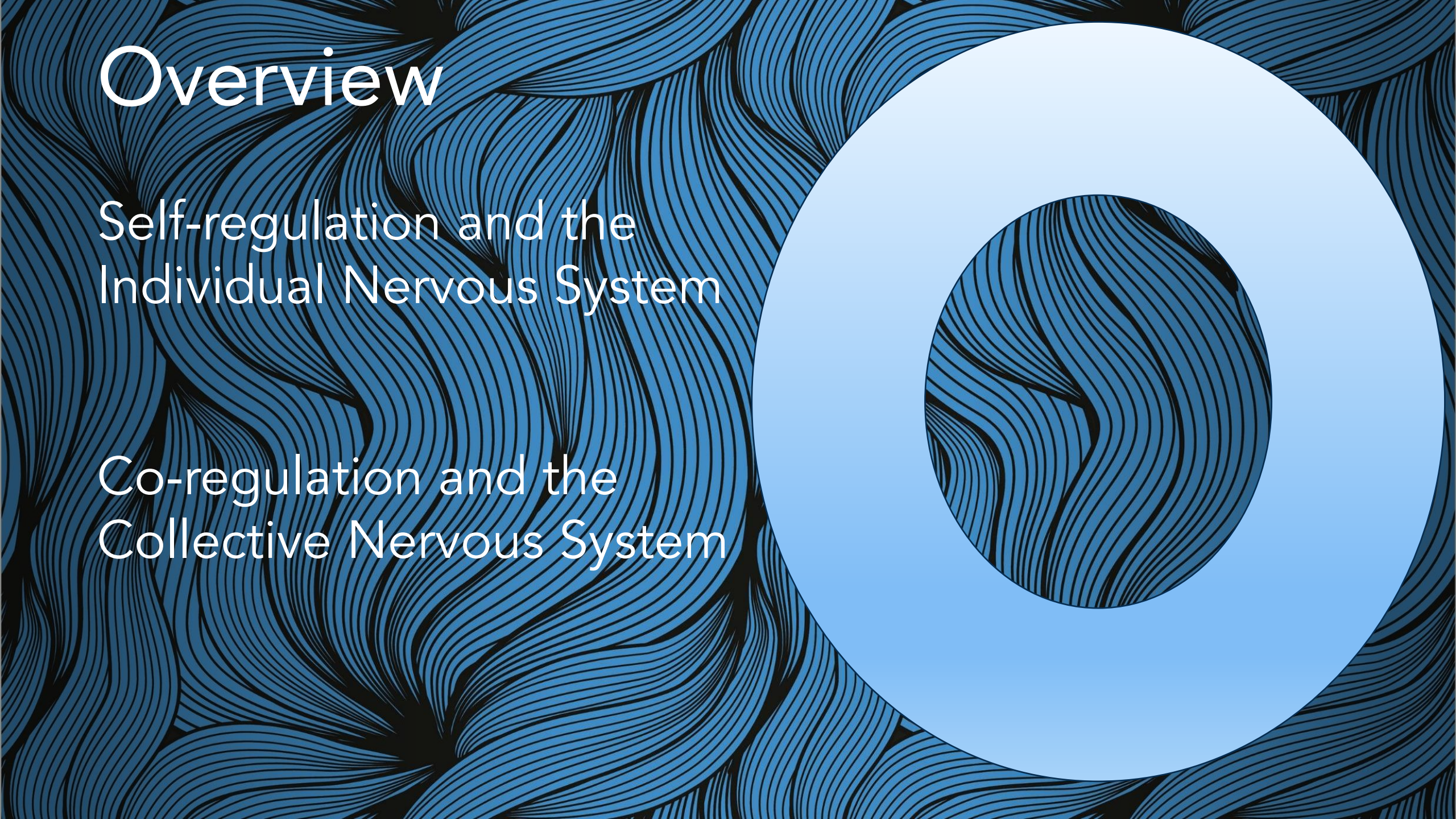
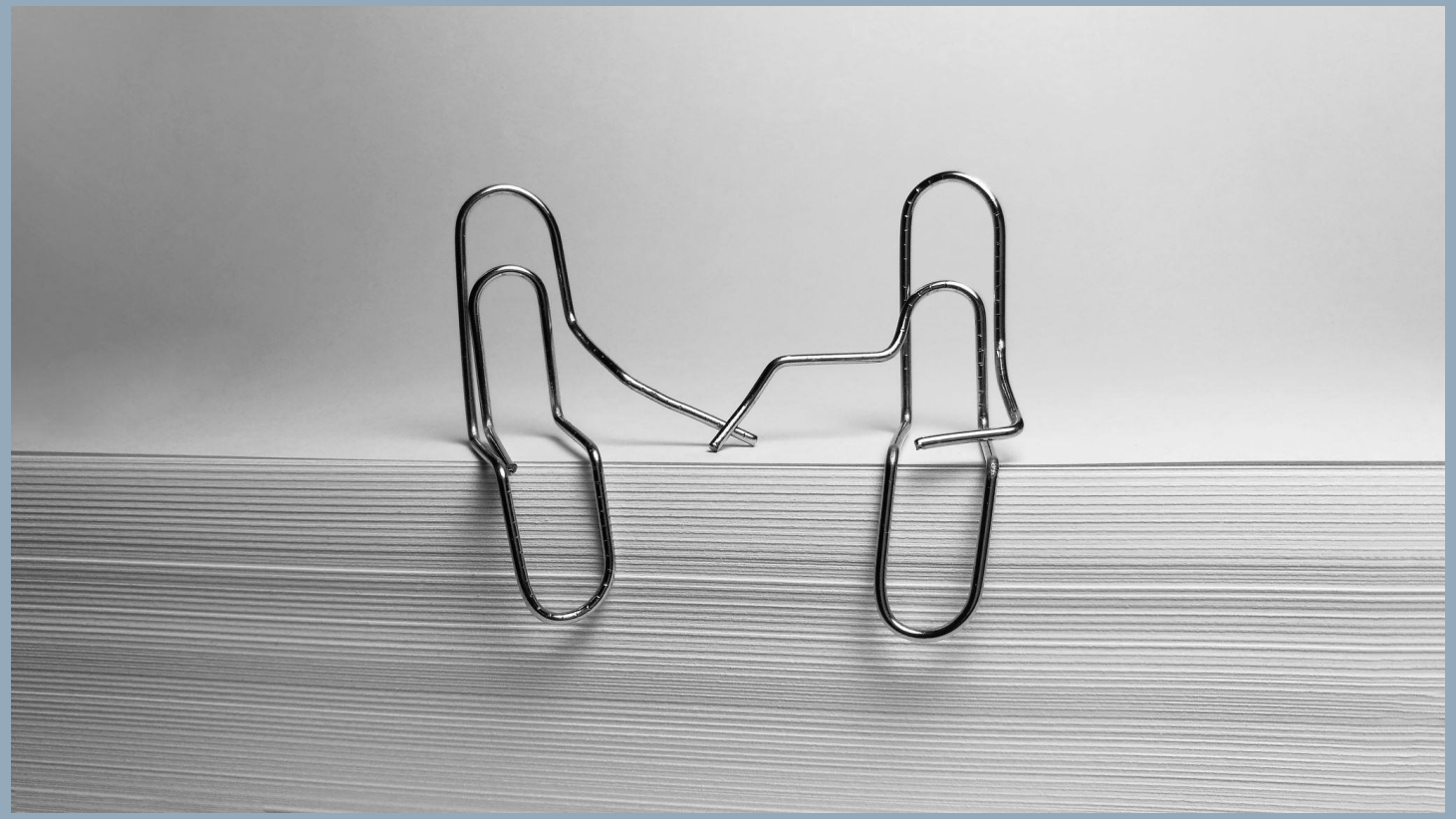
Overview

Self-regulation and the Individual Nervous System

Co-regulation and the Collective Nervous System

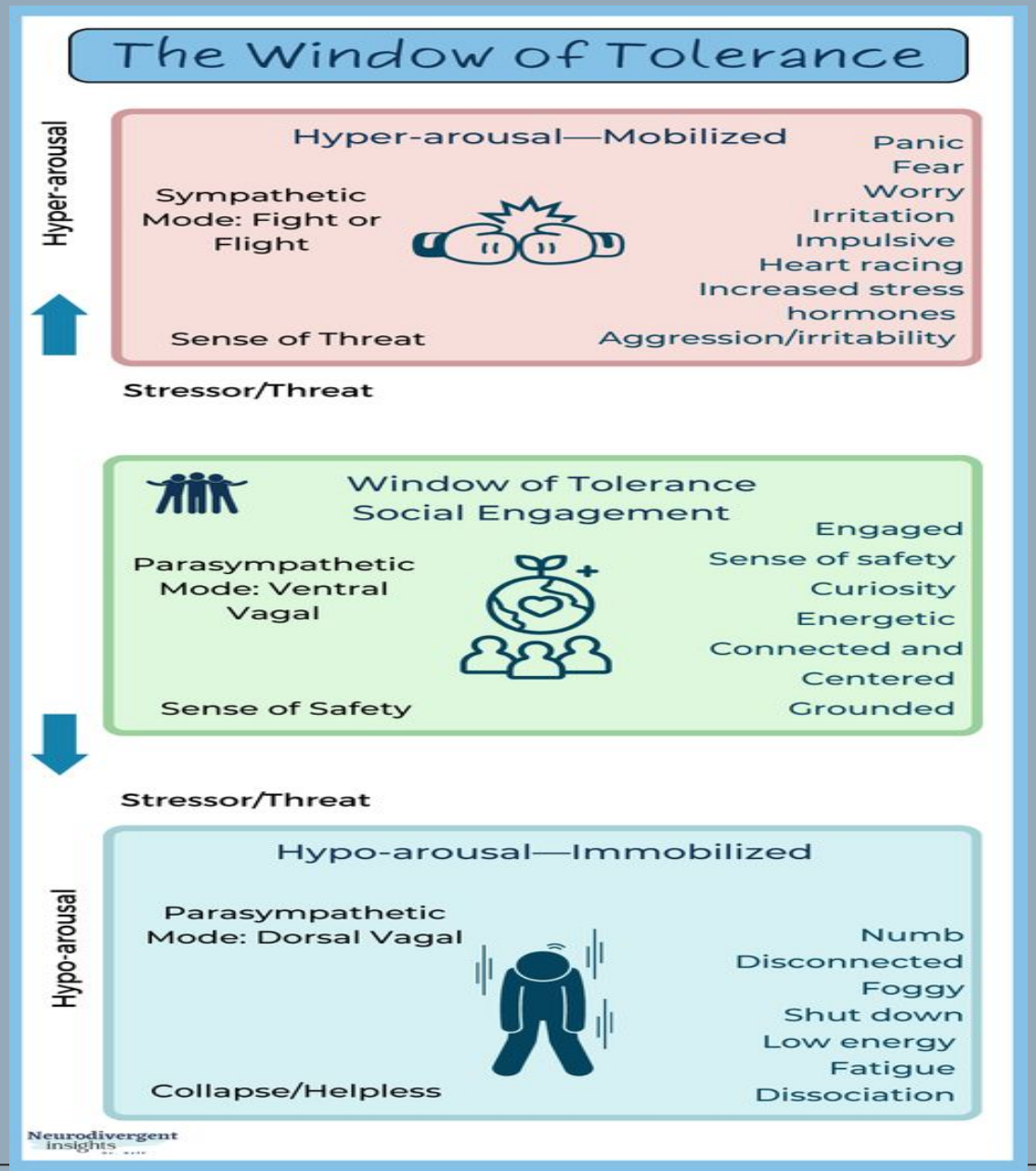




SO HOW DO OUR NERVOUS SYSTEMS CONNECT?

Not like this.

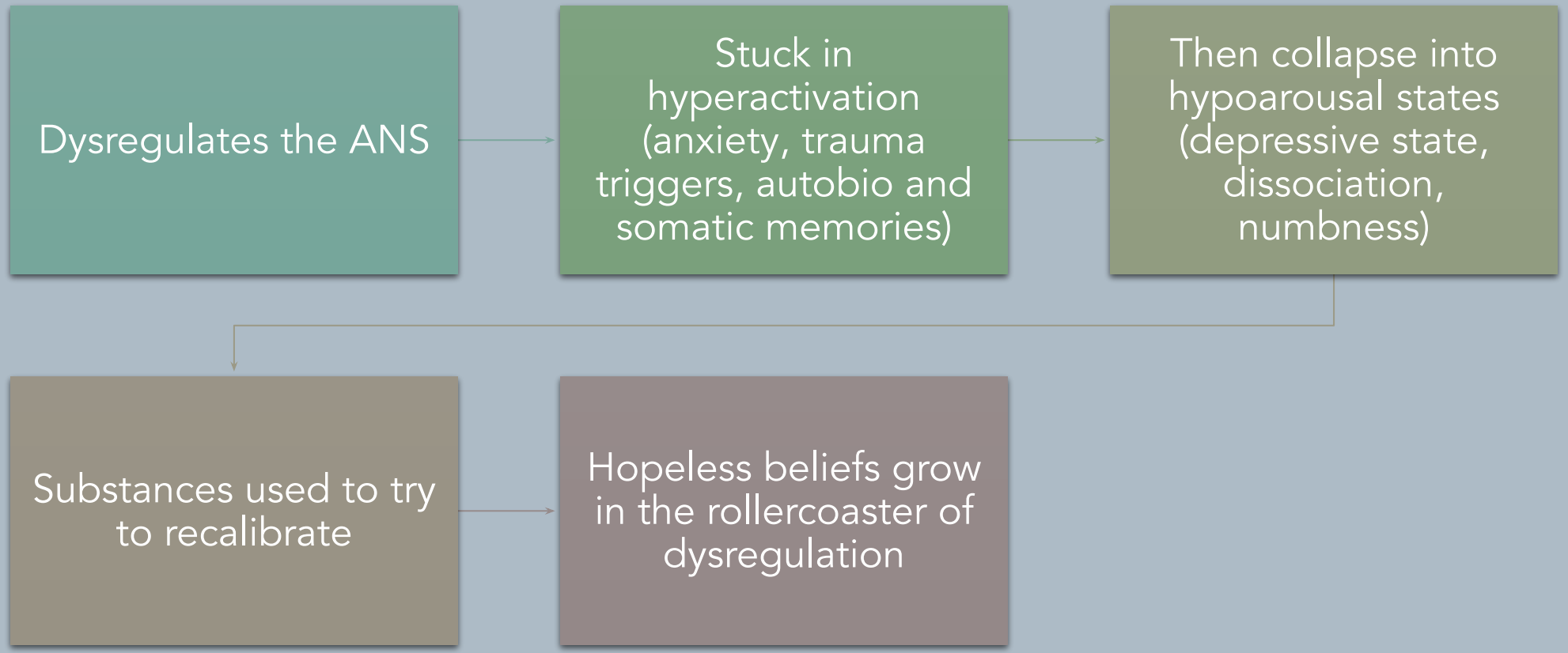
More like this.



A Map of ANS States

- ANS State Determines How We Feel
- 3 Basic States: Let's Get a Sense of Them
- What happens to you when you're in each state?
- Practices help return us to Window of Tolerance/Presence

How Trauma Impacts the Nervous System



The Squeezie Vest Practice

- Quick First Aid for Acute Need
- Good for Hyperarousal in particular
- Holds firmly to Contain
- We hold ourselves like a Caregiver holding a young person

Squeezie Vest Continued

What did you feel?

When might this practice be helpful?

Progressive Muscle Relaxation

Needs 5 to 10 min

Seated or Lying Position

Squeeze and Release, Body part and Breathe together

Heart-Focused Breathing

Creating coherence or entrainment between brain and heart

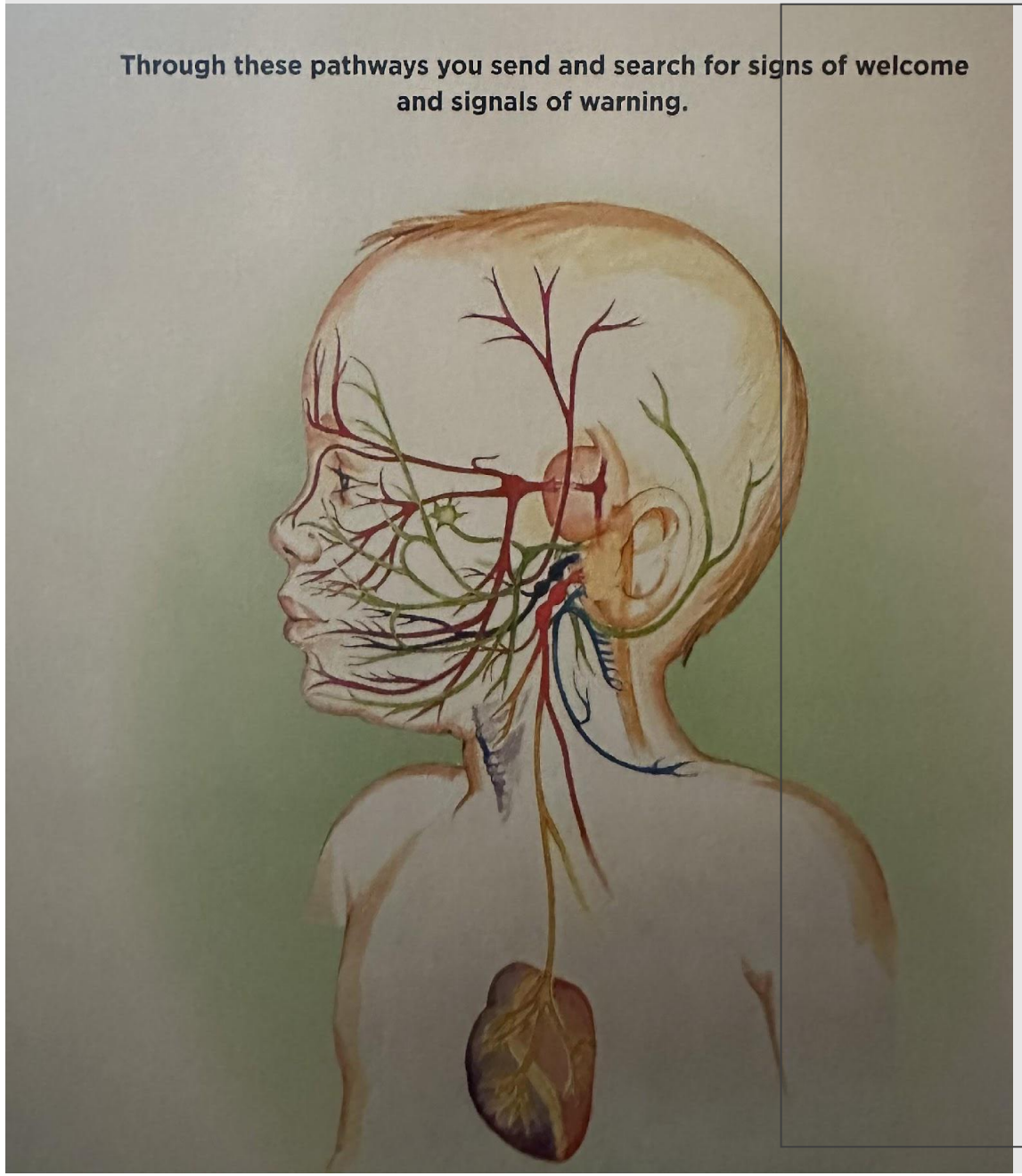
HeartMath

https://www.heartmath.org/heart-coherence/

Heart-Focused Breathing

What did you feel?

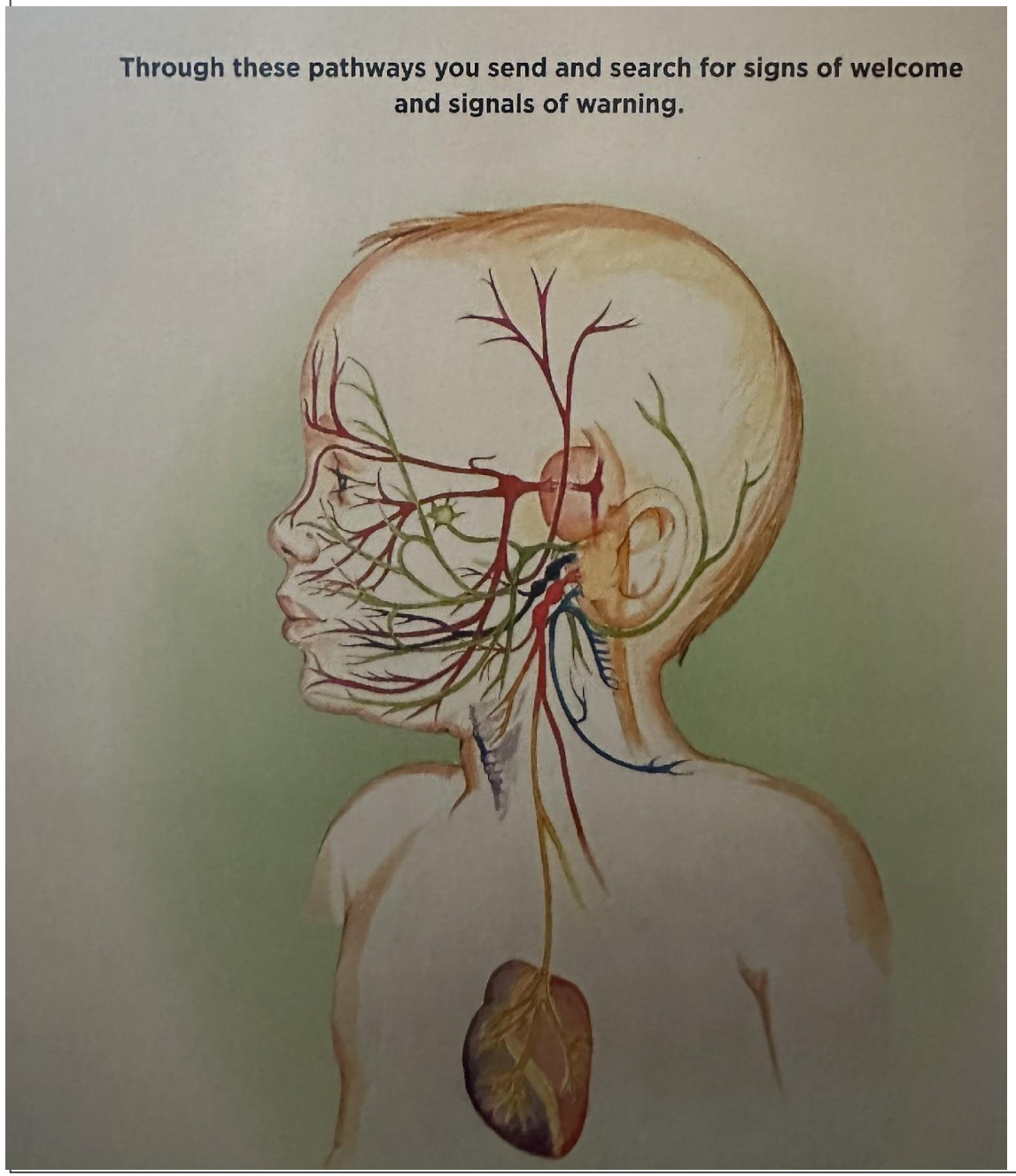
When might this practice be helpful?



The Social Nervous System: Coregulation

- Ears for Listening
- Eyes for Seeing the Other
- Nose for Sniffing
- Mouth for talking, singing, laughing, sucking
- Larynx and Pharynx for Vocalizing
- Heart for Connecting, Immersing, Loving, Attaching
- We are wired to protect, support, bond, and get through danger with each other.
- *The SNS can return one to Window of Presence, it is the Balancer when too hyper or hypo*

- Image from Deb Dana Flipbook

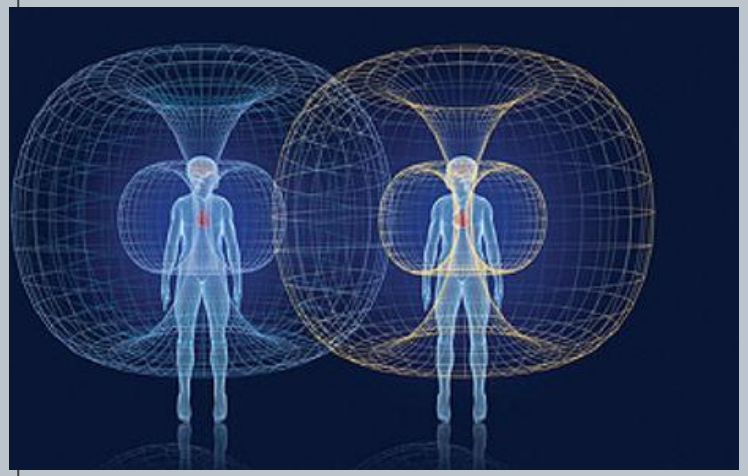


Social Nervous System Grounding

We travel to:

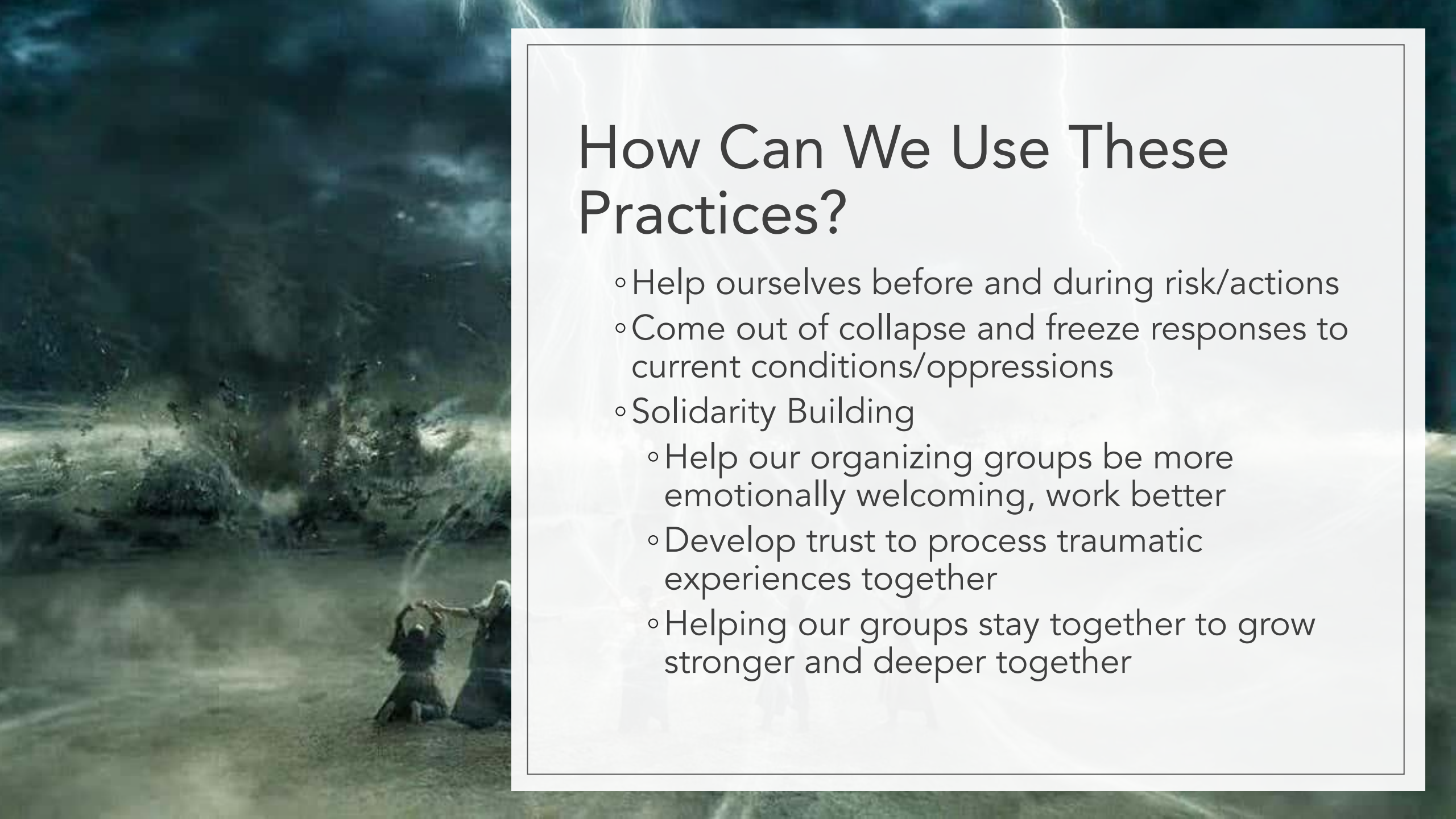
- Ears (tragus)
- Eyebrows
- Cheeks
- Mandibles
- Jaw/Picture the creature delighted by your presence
- Back to Earlobes
- Vagus/Neck
- Heart

Expanding: The Collective Nervous System



Coregulation Practices:
Pauses, Eyes and Contact

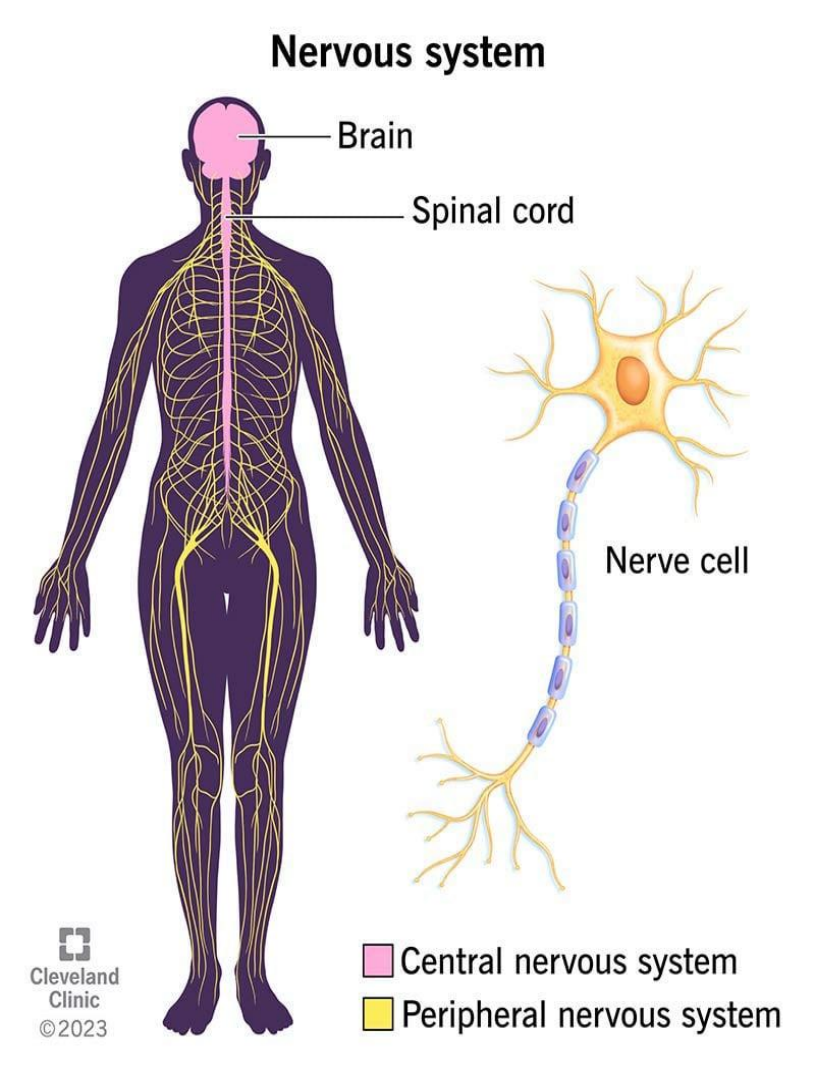
- Pauses
- Brief and frequent eye contact (increases group coherence)
- Heart-Focus
- Simple Side Contact (2 people) to help support through entraining NS's and pressure/containment
- Spine to Spine
- Group contact



How Can We Use These Practices?

- Help ourselves before and during risk/actions
- Come out of collapse and freeze responses to current conditions/oppressions
- Solidarity Building
  - Help our organizing groups be more emotionally welcoming, work better
  - Develop trust to process traumatic experiences together
  - Helping our groups stay together to grow stronger and deeper together

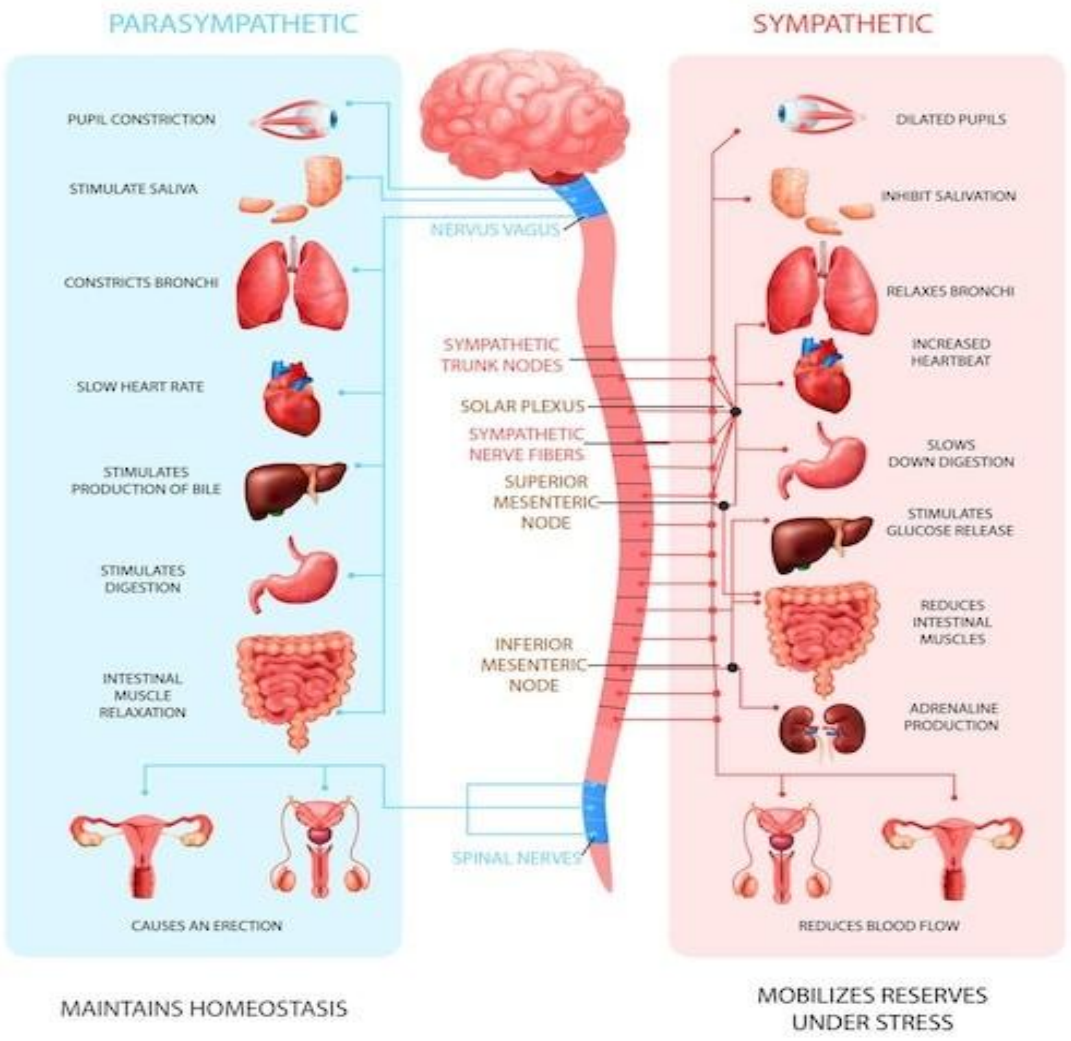
ADDITIONAL BACKGROUND



Diving in: The Autonomic Nervous System (ANS)

- Manages our wired in survival responses/stress responses. Are we safe?
- Manages our biological need for connection and closeness with others. Are we welcome?
- Starts in the brain, has 2 Branches:
  - Sympathetic (gas) and Parasympathetic (brake) branches work fluidly together
- Nerve branches go all over body, face, heart, stomach, organs, muscles

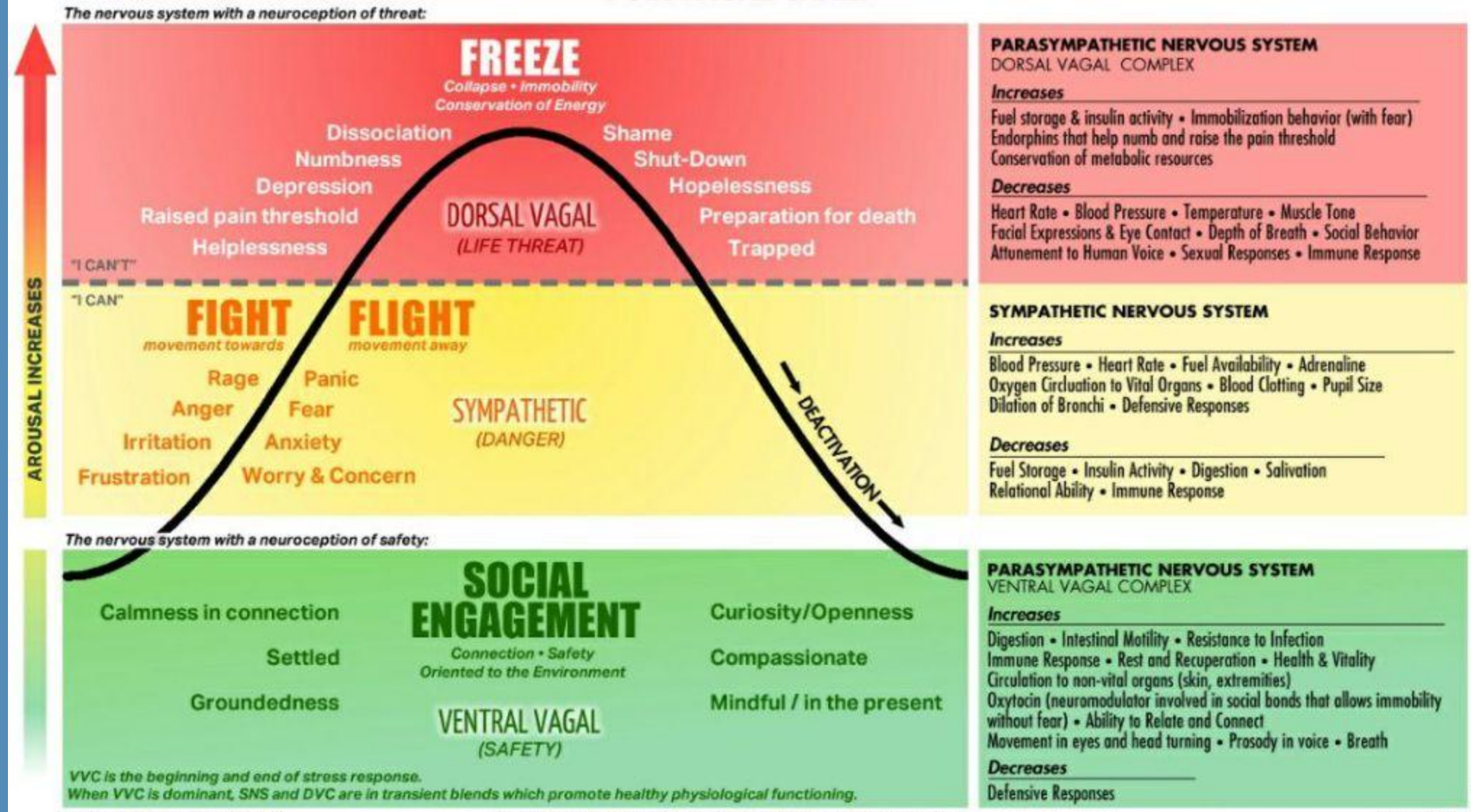
PERIPHERAL AUTONOMIC NERVOUS SYSTEM



MAINTAINS HOMEOSTASIS

MOBILIZES RESERVES UNDER STRESS

POLYVAGAL CHART



PARASYMPATHETIC NERVOUS SYSTEM
DORSAL VAGAL COMPLEX

Increases

Fuel storage & insulin activity • Immobilization behavior (with fear)
Endorphins that help numb and raise the pain threshold
Conservation of metabolic resources

Decreases

Heart Rate • Blood Pressure • Temperature • Muscle Tone
Facial Expressions & Eye Contact • Depth of Breath • Social Behavior
Attunement to Human Voice • Sexual Responses • Immune Response

SYMPATHETIC NERVOUS SYSTEM

Increases

Blood Pressure • Heart Rate • Fuel Availability • Adrenaline
Oxygen Circluation to Vital Organs • Blood Clotting • Pupil Size
Dilation of Bronchi • Defensive Responses

Decreases

Fuel Storage • Insulin Activity • Digestion • Salivation
Relational Ability • Immune Response

PARASYMPATHETIC NERVOUS SYSTEM
VENTRAL VAGAL COMPLEX

Increases

Digestion • Intestinal Motility • Resistance to Infection
Immune Response • Rest and Recuperation • Health & Vitality
Circulation to non-vital organs (skin, extremities)
Oxytocin (neuromodulator involved in social bonds that allows immobility without fear) • Ability to Relate and Connect
Movement in eyes and head turning • Prosody in voice • Breath

Decreases

Defensive Responses

ver 6.0

Adapted by Ruby Jo Walker from: Cheryl Sanders, Anthony "Twig" Wheeler, and Steven Porges.

rubyjowalker.com

A Little Deeper: Heart-Brain Coherence

- The heart communicates with the brain and body in four ways: Nerves, chemicals, pulse waves, electromagnetic fields
- Fields are measurable by machines
- Heart's field is the most powerful
- Heart and brain constantly communicating,
- Brain can entrain to heart-it synchs to its waves
- Creates internal coherence
- https://www.heartmath.org/research/

Head, Heart, Gut Holding Another Practice

- 3 Brains of Head, Heart, Gut all Perceive and Hold
- Practice “seeing” a friend with each, starting with head
- Travel top down then bottom up